



Tulare County Employee Wellness Program

DIABETES AWARENESS



JUNE 2015 Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8 “15 For Me” Challenge Sign-Ups Begin www.SJVIAWellnessWorks.com See Page 3 for details	9	10	11	12	13
14	15	16 Online Seminar “Enjoy Exercise With Diabetes” Available All Day Enjoy exercise with Diabetes	17	18	19	20
21	22 “15 For Me” Challenge Begins www.SJVIAWellnessWorks.com See Page 3 for details	23	24 Live Webinar “The Prediabetes Warning—Changes That Can Help Prevent Diabetes” 11:00—11:45 AM Registration Link	25 Live Webinar “Back Pain & Joint Health” 9:00 AM & 12:00 PM Registration Link	26	27
28	29	30	“15 For Me Challenge” : June 22—July 19 Click on the link no later than July 6 to join the Challenge: www.SJVIAWellnessWorks.com			

DIABETES: TYPE I, TYPE II AND GESTATIONAL DIABETES

What is diabetes? Diabetes is a disorder of metabolism — the way the body uses digested food for growth and energy. Most of the food you eat is broken down into glucose. Glucose is a form of sugar in the blood that provides energy to all your body's cells. After digestion, glucose passes into the bloodstream, but it needs insulin to help it get into the body's cells. Insulin is a hormone made by the pancreas, a large gland near the stomach. In people with diabetes, depending on the type, the pancreas makes little or no insulin, or the cells don't correctly take in the insulin that is made. When this happens, glucose builds up in the blood, overflows into the urine, and passes out of the body. That's why people with diabetes have too much glucose in their blood.

What are the signs? If you think you have diabetes, you should see your doctor right away. Some of these things may be happening to you:

- Passing urine more than normal
- Extreme thirst
- Unexplained weight loss
- Extreme hunger
- Sudden eyesight changes
- Tingling or numbness in hands or feet
- Feeling very tired much of the time
- Very dry skin
- Sores that are slow to heal
- More infections than normal

What are the signs? The three most common types of the illness are:

- **Type 1.** In Type 1, the body's immune system attacks the cells that make insulin. As a result, the pancreas makes little or no insulin. People with Type 1 must take insulin daily to survive. There is no known way of stopping the onset of the disease.
- **Type 2.** In Type 2, the pancreas doesn't make enough insulin or the body's cells don't use insulin properly. As glucose builds up in the bloodstream and the body's need for insulin increases, insulin is not made as much. Although Type 2 is linked to such things as inactivity, obesity and older age, more children and adolescents are being diagnosed with it.
- **Gestational diabetes.** This is a type only pregnant women get. Out of every 50 pregnancies, between one and five women get it. As a rule, it goes away when their baby is born. If it isn't treated, though, it can cause problems for moms and babies.

Read more about diabetes at anthem.com



ONLINE SEMINAR

“ENJOY EXERCISE WITH DIABETES”

DATE: June 16, 2015



TIME: Available all day

Dr. Lourdes Jimenez talks about how to make exercise part of your plan to control diabetes.

Click on the link to view: [Enjoy exercise with Diabetes](#)

LIVE WEBINARS

“THE PREDIABETES WARNING—CHANGES THAT CAN HELP PREVENT DIABETES”

DATE: June 24, 2015



TIME: 11:00—11:45 AM

Diabetes costs you money. The average medical costs of people diagnosed with diabetes are 2.3 times higher than those without diabetes. It's commonly known that diabetes is on the rise at an alarming rate. The good news is that a pre-diabetes diagnosis can help some employees turn around their health before it's too late. It's possible to prevent diabetes with exercise, weight loss and good nutrition habits.

To register, click on the link: [Registration Link](#)

“BACK PAIN AND JOINT HEALTH”



DATE: June 25, 2015

TIME: 9:00 AM or 12:00 PM

Did you know that 90% of Americans have back pain in their lives? In addition, almost one in two Americans have trouble moving due to body aches, pains or injuries? Healthy bones and joints are important for everyone. Learn about the causes of joint pain and some things you can do to reduce current problems and prevent future ones.

To register, click on the link: [Registration Link](#)

"15 FOR ME CHALLENGE"

Sign-up: **6/8/15—7/6/15** Challenge Starts: **6/22/15** Challenge Ends: **7/19/15**

15 Wellness Points Earned If Completed

(SJVIA Primary Subscribers Only)



The "15 For Me Challenge" is a four-week individual challenge that encourages healthy ways to manage stress.

Stress is a daily reality for most of us. If you can't manage stress well, you may experience headaches, sleeping problems, illness and depression.

Here's how the challenge works:

Award yourself one point each day you spend at least 15 minutes experiencing or performing any of the following stress management activities:

- Massage
- Meditation
- Journaling
- Physical Activity
- Yoga and other stretching exercises

Your goal: log a minimum of 15 minutes per day by the end of the challenge to earn 15 wellness points towards your 200 point goal.

Program Goal:

Reach 200 points by 12/31/2015 to earn a \$50 incentive.

Challenge Sign-up:

- Log on to your www.SJVIAWellnessWorks.com homepage
- Scroll down to the **Challenges** section
- Click **View All** to display details around dates, challenge goals, disclaimers, and tracking current, future, and past challenges
- Click **Sign Me Up** to progress to the sign-up screen
- Create a screen name and select an avatar

Challenge Tracking:

- Log on to www.SJVIAWellnessWorks.com
- Select the **View** link under **Challenges**

Questions about this challenge or your wellness program?

Call 888-VIVERAE (848-3723).



Note: A physician should be consulted prior to beginning a new program of physical activity, especially for men over age 40, women over age 50, and those individuals with chronic health problems, such as heart disease, diabetes, or obesity.



:: Viverae Health Center

:: 888-VIVERAE (848-3723)

:: www.SJVIAWellnessWorks.com